



Newsletter

FOR YOUR
DIARIES

ISSUE 7

FRIDAY 17TH MAY

Principal's Message

EDUCATION WEEK

20th—24th May

SWIMMING PROGRAM

27th—31st May

GRADE 4—6 CAMP

Monday 3rd—
Wednesday 5th
June

GRADE 2/3 EXCURSION

Friday 7th June

(Immigration
Museum)

We have started our busy term with the introduction of our new Gaga Pit, Athletics Day, NAPLAN and a Mother's Day Maths Morning.

Gaga Pit

A huge thank you to Garry, our handyman for creating our Gaga Pit. Students play a game in the Gaga Pit that requires players to hit a soft ball with an open hand, trying to hit other players below the knees. The last person eliminated wins. The students have really taken to this new attraction at school and are showing amazing sportsmanship, using our school value of Respect when playing.

Athletics Day

A huge thank you to Mr Cassano for organising our second annual Athletics Day in conjunction with Exford Primary School. Sharing the track with another school enables our students to participate on a proper athletics track and feel the thrill of healthy competition between houses.

NAPLAN

Students in Year 3 & 5 completed their NAPLAN tests this week. I would like to congratulate all students who participated on giving it their best and I would like to thank the rest of the school for allowing these students to have the opportunity to complete the tests without distraction. The NAPLAN results will be available some time in August.

Mother's Day

We had an amazing Mother's Day Maths Morning last Friday where over 80 Mums and Grandmothers were present. Everyone enjoyed taking part in fun maths games and parents got to see some of the wonderful work that happens in our classes. I would like to thank Geoff for supplying cupcakes to all the Mums who were present on the day. I hope you had a fantastic Mother's Day last Sunday.

Have a great weekend.

Darryl Spiteri

Principal



**Bubble play with Japjit,
Jackson and Damian.**

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School News



Kirra Courtice
Co School Captain

Meet Our 2019 Student Leaders

Hi

My name is Kirra. I am co school captain with Maddison. I have been at Rockbank Primary school since I was in prep and so I know the school back to front. I have two

siblings at the school Jackson and Madison, they are in grade 1 and grade 3.

Before being School Captain this year, I have been peer mediator and

house captain for Missen last year.

It's been fun being school captain with my friendship group. We are learning leadership skills together.

REMINDERS FROM THE OFFICE

Bank Account details for direct deposits

We encourage any payments to be made via direct deposit,.

BSB No. 313-140
Account No. 12055616
(Bank Australia)

Please make sure you put your child's name and what payment is for in the description part of deposit.

Thankyou



Thanks to **Geoff Wellington** (Maddison's dad) for your generous support. Geoff kindly donated the cupcakes for our special Mother's Day numeracy activity morning.

Geoff is always such a great supporter of our school, and it is really appreciated by all the staff and students.

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School News

A Word from Wellbeing



Building Resilience in our Children (Part 2)

Resist the Urge to Fix It and Ask Questions Instead

When kids come to parents to solve their problems, the natural response is to lecture or explain. A better strategy is to ask questions. By bouncing the problem back to the child with questions, the parent helps the child think through the issue and come up with solutions.

Teach Problem-Solving Skills

The goal is not to promote rugged self-reliance. We all need help sometimes, and it's important for kids to know they have help. By brainstorming solutions with kids, parents engage in the process of solving problems. Encourage kids to come up with a list of ideas and weigh the pros and cons of each one.

Label Emotions

When stress kicks in, emotions run hot. Teach your kids that all feelings are important and that labelling their feelings can help them make sense of what they're experiencing. Tell them it's okay to feel anxious, sad, jealous, etc. and reassure them that bad feelings usually pass.

There's a really cool kimochi feelings chart that I often use to help children label their

emotions at the link here: <https://images.app.goo.gl/tS6rqD9JGWkbaEgp6>

Demonstrate Coping Skills

Deep breathing exercises help kids relax and calm themselves when they experience stress or frustration. This enables them to remain calm and process the situation clearly.

Model Resiliency

The best way to teach resilience is to model it. We all encounter stressful situations. Use coping and calming strategies. Deep breathing can be an effective way to work through stress. Always label your emotions and talk through your problem-solving process.

Go Outside

Exercise helps strengthen the brain and make it more resilient to stress and adversity. While team sports are the most popular method of consistent exercise for kids, all kids really need is time spent outdoors engaging in a physical activity. If team sports don't appeal to your child, encourage them or introduce them to bicycling, playing tag, or even just swinging at the playground. These are all great ways for kids to engage in free play that also builds resilience.

Resilience helps kids navigate the obstacles they encounter as they grow. It's not possible to avoid stress, but being resilient is one of the best ways to cope with it.

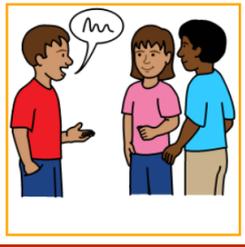
Angela Mitten

Student Wellbeing Coordinator

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School News



Social Skills

We are a School Wide Positive Behaviour School that focuses on supporting the social, emotional and academic learning of **all** students. The school runs a number of social skills programs in order to teach the skills necessary to function successfully in a school, at home and throughout their lives. The programs focus on a number of skills, depending on the need of the student.

We have seen some fantastic changes over the last year in raising the expectations of appropriate behaviour and ways of getting along.

Parents are important partners in ensuring the students have these social skills and we work closely with families where a student may be having some difficulties. We often are asked about specific things parents can be doing at home to support the social needs of their children.

In each newsletter, we will now be including this Social Skills page where we share useful strategies or activities you can be doing at home, or simply sharing some of the great work the students have been doing at school.

WHAT IS THE SIZE OF THE PROBLEM?

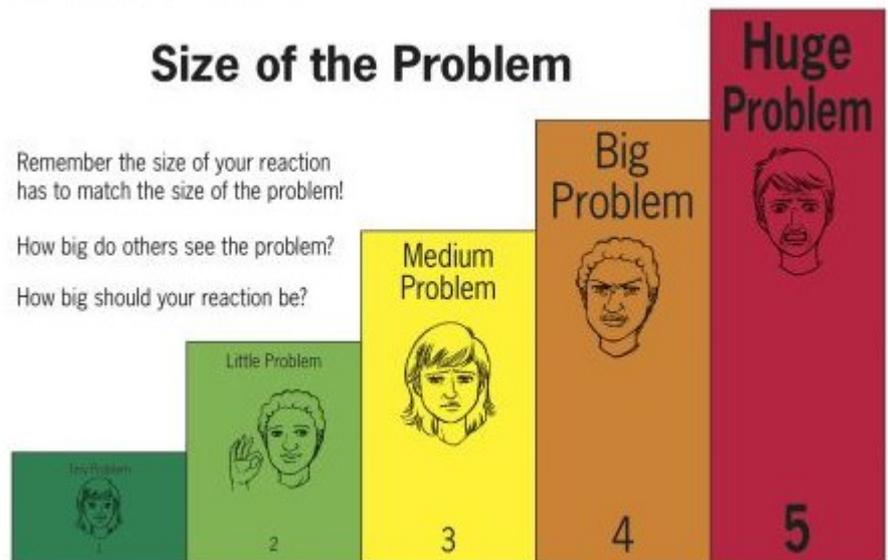
These are questions posed to help students measure the size of the problem they are experiencing.

ACTIVITY

Brainstorm problems with your child/children and discuss the size of each problem.

Discuss how little problems or glitches actually merit smaller responses and reactions.

The goal is to slowly work with students to understand the appropriate emotional response to situations.



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Swimming & Water Safety Program



Swimming in Schools increases opportunities for students to develop swimming and water safety skills to reduce their risk of drowning and injury.

The Rockbank Primary School Swimming and Water Safety Program runs for 1 week from Monday 27th to Friday 31st May. Below is the classroom schedule:

CLASS	TIME
Preps & 6's	12—12:45pm (preps 30 min lesson)
1's	12:40—1:10pm
2—3's	1:20—1:50pm
4—5's	2—2:30pm

Parents and carers (particularly of grade prep, 1 & 2 students) with a valid working with children check, are more than welcome to come and assist.

Please see the office prior if you are able to help, so we can finalise a helper schedule.

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150th Anniversary – 1868-2018

School News

School Uniform



Please remember all students are required to wear The Rockbank Primary School uniform. Our uniform supplier is PSW Quality Apparel in Westwood Drive, Deer Park.



Charlotte, Jackson and Avleen are jumping for joy because they look and feel so wonderful in their school uniform.

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Announcements

May Birthdays

Happy birthday to the following students who celebrate a birthday in May

- | | | |
|-----------------|------------------|------------------|
| Manreet Kaur | Jacob Nguyen | Sophie McDonough |
| Nicola Castillo | Jacintia Cameron | Jhett Henderson |
| Jamie Mayhew | Kritika Bazarh | |
| Zakk Etemovic | Irae Savea | |



Subway Lunches—from Term 2



A reminder, from this term we are trialling working with Subway to provide Subway lunch orders once per week, each Friday.

There is an order form to complete, which needs to be handed to the classroom teacher with *correct money* (no change will be given) by each Wednesday morning.

Please note that we cannot accept late orders.

Subway order forms are available at the school office, posted on FlexiBuzz, and available for download and printing from our school website.



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Education Week

**EDUCATION
WEEK 2019**
CELEBRATING CAREERS



This year's theme is Celebrating Careers. 2019 is the 75th year of Education Week and it aims to positively profile and celebrate the strengths and achievements of Victoria's government education sector.

Education Week 2019 is all about celebrating careers and pathways that will make our students future dream job come true. It is an opportunity for schools, TAFEs and Tech Schools to showcase the work they are doing to support students in their career pathways. The week will raise awareness of [career education](#) and the new [Transforming Career Education](#) reforms.

All of Week 5 – Book Swap Fundraiser

Various classroom activities will be covered throughout the week including reading about careers, writing about what careers appeal to our students and how our interests and passions can lead into careers.

We will also be linking our School-wide Values lessons on the theme 'Careers' and focussing on how our values of learning, respect, togetherness and safety apply to people and their jobs. It is a good time for people to also talk to their children about the jobs they do and inspire them to work towards achieving their dream career one day.

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It's easy for everyone to stick together



Between 1 May and 25 June 2019, collect as many stickers as you can.



Stick them on the supplied posters or sticker sheets. Don't forget, you can always download and print extra sticker sheets at teaching.com.au



This time, you won't need to send your stickers back to us. You'll just need to count them up and let us know how many you've got. But it's important that you hang onto your stickers until your new equipment arrives.



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School News



School Wide Positive Behaviour Support

A reminder: Defining and Clarifying Expected Behaviours

Our school wide expectation or values are:

- **WE ARE RESPECTFUL**
- **WE ARE LEARNERS**
- **WE VALUE TOGETHERNESS**
- **WE ARE SAFE**

We then describe what each of these look like; what students do *specifically* to achieve these expectations. These tell us how we want students to act; broken down to teachable steps. This forms our School Wide Expectations; our **School Matrix**.



Our School Wide Expectations 2019

	LEARNING TIME	COMMUNICATION	OUTSIDE
 <small>WE ARE RESPECTFUL</small>	<ul style="list-style-type: none"> • Use learning time to learn • Use manners • Hand up to speak • Focus on yourself 	<ul style="list-style-type: none"> • Inside voice • Use kind words • Listen to others 	<ul style="list-style-type: none"> • Use the bins • Follow the game rules • On time to class • Equipment away
 <small>WE ARE LEARNERS</small>	<ul style="list-style-type: none"> • Use a growth mindset • Be ready for learning • Allow others to learn • ICT is for learning 	<ul style="list-style-type: none"> • Ask for help • Share ideas • Be present 	<ul style="list-style-type: none"> • Use break times for toilet • Use break times for drink • On time to class • Music means break time is over
 <small>WE VALUE TOGETHERNESS</small>	<ul style="list-style-type: none"> • All voices are heard • Respect different opinions • Include others 	<ul style="list-style-type: none"> • Use people's names • Use kind tone • Listen to others 	<ul style="list-style-type: none"> • Line up calmly and quietly • Use Buddy Bench • Include others • Use kind words
 <small>WE ARE SAFE</small>	<ul style="list-style-type: none"> • Hands and feet to self • Be where staff can see • Leave with permission • Use furniture appropriately 	<ul style="list-style-type: none"> • Use kind words • Permission before posting online • Keep personal details offline • Speak up if you feel unsafe 	<ul style="list-style-type: none"> • Be where staff can see you • Hands and feet to self • Speak up if you feel unsafe

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Celebrating Our Successes

House Points—Term 2

Following our school values in the classroom, and the yard, is acknowledged with House Points. Our House Captains tally the results at the end of each week.

Missen	10,570
Peacock	9,300
Fisher	8,730
Harrison	9,190

Yard Star of the Week

Making great choices in the yard is recognised with our Yard Star awards. Yard Stars are awarded with House Points, and our Yard Star of the week earns extra points for their house and is published in the newsletter and recognised at assembly.



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Celebrating our Successes



We are Respectful



We are Learners



We Value Togetherness



We are Safe

Students of the Week

A class member from each class is recognised weekly with our Student of the Week Award. This award recognises students who consistently display our school values.

Class	Week Ending : 10th May	Week Ending: 17th May
Prep/1 Yellow Miss Mundie	Aydin Nihat	Gurshan Lidher
Prep/1 Blue Miss Bull	Janver Vicencio	Arnav Singh Benipal
Prep/1 Purple Miss Lane	Charlie Foran	Jhett Henderson
2/3 Orange Mrs Niemiecki	Guru Chouhan	Braydan Bloor
2/3 Green Mrs Lehane		Jett Davies
4—6 Gold Miss Zemunic	Marisa McMullen	Ashpan Aulakh
4—6 Silver Miss Bencich	Abhijay Talluri	Kiarah Pace

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**EVERY
SCHOOL DAY
COUNTS**

Come to school every day, and on time, and be recognised for your great achievement!



If your child is sick or absent, you are required to notify the school as soon as possible on the day of absence, by FlexiBuzz or phone.

2019 stats at 16/05/2019

<p>Our Goal:</p> <p>All students will have at least 95% attendance all year .</p>	<p>Current school wide student average:</p> <p>86% </p>
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Number of students with 100% attendance so far in term 2

54

Names of students to go into a raffle for a prize to be announced at the last assembly of the term.

Term 2 classroom statistics	
Blue (Prep/1)	91%
Yellow (Prep/1)	83%
Purple (Prep/1)	87%
Green (2/3)	86%
Orange (2/3)	83%
Silver (4-6)	88%
Gold (4-6)	87%

Class with highest attendance at end of term will be recognised with a class celebration with Mr Spiteri.

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Community News

Playgroup for Dads and Male Caregivers Hillside Neighbourhood House



Hello Dad! Come to Playgroup!

Get involved in activities with your kids that are fun and interactive. Enjoy meeting other dads from your local community.

Council is activating a playgroup for dads and male caregivers in Hillside.

Be led and supported by a male facilitator who will provide the knowledge and guidance for your group to run independently.

WHERE:

Hillside Neighbourhood House
Recreation Reserve, Hillside 3037

WHEN:

Saturdays 27 April to 15 June

TIME:

10 am – 12 pm

RSVP:

Please register your interest in attending:
ingridp@melton.vic.gov.au
9747 5756



melton.vic.gov.au
9747 7200
cityofmelton

FUN FOR DADS and their KIDS!



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Community News



Learn about social media apps that preteens and teens are using!

Also what do you need to know about them?

What risks and benefits can social media present to kids?

And as parents or guardians what can you do about it?

Learn about all the above in this interactive workshop!

BOOK EARLY! Don't miss out!

DETAILS

WHEN:

Thursday 23 May

TIME:

6pm – 7pm

WHERE:

Rockbank Primary School

97 Westcott parade Rockbank

COST:

Free

BOOK ONLINE:

meltonlearning.com.au

MORE INFORMATION:

linderdeept@melton.vic.gov.au
0439 327 716 or 9747 7200

Find us on Facebook
www.facebook.com/MeltonCityCouncilNeighbourhoodHouses



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Community News

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9747 5756



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9747 7200
cityofmelton

FUN FOR DADS and their KIDS!



Playgroup for Dads and Male Caregivers Arnolds Creek, City of Melton



Hello Dad! Come to Playgroup!

After a successful Term 1, Playgroup for Dads is running again in Term 2. Get involved in activities with your kids that are fun and interactive and chat with other dads and male caregivers from your local community.

This playgroup is currently being supported by the Salvation Army Children and Parenting Service and Melton City Council with the intention that it will become parent led.

WHERE:

Arnolds Creek Children's and Community Centre
19 Claret Ash Boulevard, Harkness

WHEN:

Saturdays 27 April to 15 June 2019

TIME:

10:00AM-12:00PM

RSVP:

Please register your interest in attending:
stuart.harkness@salvationarmy.org
0455521154
Or
ingridp@melton.vic.gov.au
9747 5756



melton.vic.gov.au
9747 7200
cityofmelton

FUN FOR DADS and their KIDS!



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What have we been learning?

Gold 4—6 Classroom

Mother's Day in Gold Room

Gold room were extremely fortunate to have so many mothers visit for our Mother's Day open morning last Friday, May 10th. The students worked hard to create their own Numeracy stations where they set engaging and challenging tasks for their visitors. It was wonderful to see students sharing their strategies learnt in class to help their guests.



These were the various activities planned:

Stations	Activity	Group/ person running activity
Station 1	Board game and word search	Ethan and Alannah
Station 2	Maths boggle and line game	Saif, Tejay and Daniel
Station 3	Snakes and ladders	Edward
Station 4	Numbers and letters	James, Tanvi And Lerraine
Station 5	Measure height and estimate	Jahaan, Seth and Deluca
Station 6	Maths colouring sheet and board game	Harman, Josh and Tanveer

Thank you very much to everyone who came, and well done to all of the students for their excellent preparation and organisation! We hope all mothers had a lovely Mother's Day, and learnt some new mathematical thinking or strategies!



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